

Breast Cancer Awareness

October 2023



Breast Cancer Facts

- About 1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime.
- In 2023, an estimated 297,790 new cases of invasive breast cancer are expected to be diagnosed.
- About 2,710 new cases of invasive breast cancer are expected to be diagnosed in men in 2021. A man's lifetime risk of breast cancer is about 1 in 833.

Breast Cancer Facts Cont.

- About 43,700 women in the U.S. are expected to die in 2023 from breast cancer, death rates have been steady since 2000.
- Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women.
- In women under 45, breast cancer is more common in African-American women than white women.

Breast Cancer Facts Cont.

- As of January 2023, there are more than 4 million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.
- A women's risk of breast cancer nearly doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer.

Risk Factors

A “risk factor” is anything that increases your risk of developing breast cancer. Many of the most important risk factors for breast cancer are beyond your control, such as age, family history, and medical history. However, there are some risk factors you can control, such as weight, physical activity, and alcohol consumption.

Risk Factors YOU Can Control

- **Weight-** being overweight is associated with increased risk of breast cancer, especially for women after menopause. Fat tissue is the body's main source of estrogen after menopause, when the ovaries stop producing the hormone. Having more fat tissue means having higher estrogen levels, which can increase breast cancer risk.
- **Exercise-**evidence is growing that exercise can reduce breast cancer risk. The American Cancer Society recommends engaging in 45-60 minutes of physical exercise 5 or more days a week.

Risk Factors YOU Can Control Cont.

- **Diet**-studies are looking at the relationship between diet and breast cancer risk and the risk of recurrence. The Women's Health Initiative Trial suggested that a diet very low in fat may reduce the risk of breast cancer.
 - Eat plenty of vegetables and fruit (more than 5 cups a day)
 - Limit fat intake to about 30 grams per day
 - Avoid trans fats, processed meats, and charred or smoked foods

Risk Factors YOU Can Control Cont.

- **Alcohol consumption**-Studies have shown that breast cancer risk increases with the amount of alcohol a woman drinks. Alcohol can limit your liver's ability to control blood levels of the hormone estrogen, which in turn can increase risk.
- **Smoking**- Smoking is associated with a small increase in breast cancer risk.

Risk Factors YOU Can Control Cont.

- **Exposure to estrogen-** because the female hormone estrogen stimulates breast cell growth, exposure to estrogen over long periods of time, without any breaks, can increase the risk of breast cancer.
- **Recent oral contraceptive use-** oral contraceptives, or birth control pills appear to slightly increase a woman's risk for breast cancer, but only for a limited time. Women who quit taking contraceptives more than ten years prior showed no increase.

Risk Factors You Can't Control

- **Gender-** Being a woman is the most significant risk factor for developing breast cancer.
- **Age-** Simply growing older is the second biggest risk factor for breast cancer. From the age 30-39, the risk is 1 in 228. That jumps to 1 in 29 by the time you are in your 60's.
- **Family history of breast cancer**
- **Personal history of breast cancer**

Risk Factors You Can't Control Cont.

- **Radiation therapy to chest-** having radiation therapy to the chest area as a child or young adult significantly increases risk for breast cancer.
- **Breast cellular changes**
- **Exposure to estrogen**
- **Pregnancy and breastfeeding**

What can YOU do!

- Educate your clients on risk factors that they can control.
- Prepare healthy meals and encourage healthy eating habits.
- Encourage clients to exercise.
- Encourage clients to schedule and keep regular doctors appointments.